

## **Comparing the Effectiveness of Combination Therapy Based on Psychological Resilience and Mindfulness to Cognitive Behavioral Therapy for Anxiety, Depression, Stress, and Job Burnout in the Staff of Isfahan Regional Electric Company**

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### **Extended Abstract**

#### **Aim**

Depression and anxiety are the most prevalent disorders in society and among all demographic groups, and their prevalence has increased dramatically from 1990 to 2017 (liu et al., 2020). Due to their persistent exposure to a variety of stressors, the staff of a number of organizations experience depression and anxiety in varying degrees (Ladou, 2007). The personnel of electrical companies are frequently exposed to hazardous tasks and situations, and they typically experience high levels of stress because of their jobs. Therefore, it is of the utmost importance to focus more on reducing their tension and alleviating their psychological disturbances. Cognitive Behavioral Therapy (CBT) is one of the most well-known therapeutic methods, which has been widely used to reduce the symptoms of depression and anxiety over the past several decades and whose efficacy has been empirically confirmed in numerous studies. In addition, it has been demonstrated in recent years that psychological resiliency and mindfulness are highly related to depression and anxiety levels and their underlying factors in individuals, and that educating people to become more resilient and mindful can help them reduce their stress and, as a result, improve their mental health. This study was designed due to the importance of these factors to the mental health of individuals and the lack of research on the therapeutic influence of the combination of these methods on the symptoms of mixed anxiety-depressive disorder, particularly in the employees of electrical companies. The purpose of the present study was to compare the effectiveness of a combination therapy based on psychological resilience and mindfulness with CBT on anxiety, depression, stress, and job fatigue in Isfahan Regional Electric Company employees with mixed anxiety-depressive disorder.

#### **Methodology**

This was a quasi-experimental study with a pre- and post-test design and a control group. In 2021, the statistical universe included the whole male staff of Isfahan Regional Electric Company. 45 employees with mixed anxiety-depressive disorder were selected from the staff of Isfahan Regional Electric Company using a purposeful sampling method based on entry and exit criteria and randomly assigned to two experimental groups and one control group (15 subjects in each group). In the pre-test and post-test phases, the Maslach job exhaustion inventory and Depression, Anxiety, and Stress Scale (DASS-21) were used to collect data. To analyze the study's collected data, the multivariate covariance test and Tukey post hoc were utilized, along with SPSS-23.

#### **Findings**

Results indicated that both treatments (CBT and Combined therapy) were effective in reducing anxiety, depression, stress and job burnout among experimental group members. Nonetheless, post hoc analyses revealed no statistically significant difference between two methods for reducing dependent variables.

#### **Conclusion**

According to the findings, combination therapy based on resilience and mindfulness can be used in conjunction with other treatment protocols, particularly CBT, to alleviate a variety of psychological disturbances, including mood and anxiety disorders and employee burnout. In future studies, it will be beneficial to examine the effectiveness of such therapeutic methods with respect to other kinds of psychological disorders, other statistical universes, and employees of other organizations with various responsibilities and work environments.

**Keywords:** Anxiety, Cognitive Behavioral Therapy, Combination Therapy Based on Psychological Resilience and Mindfulness, Depression, Job Burnout.